

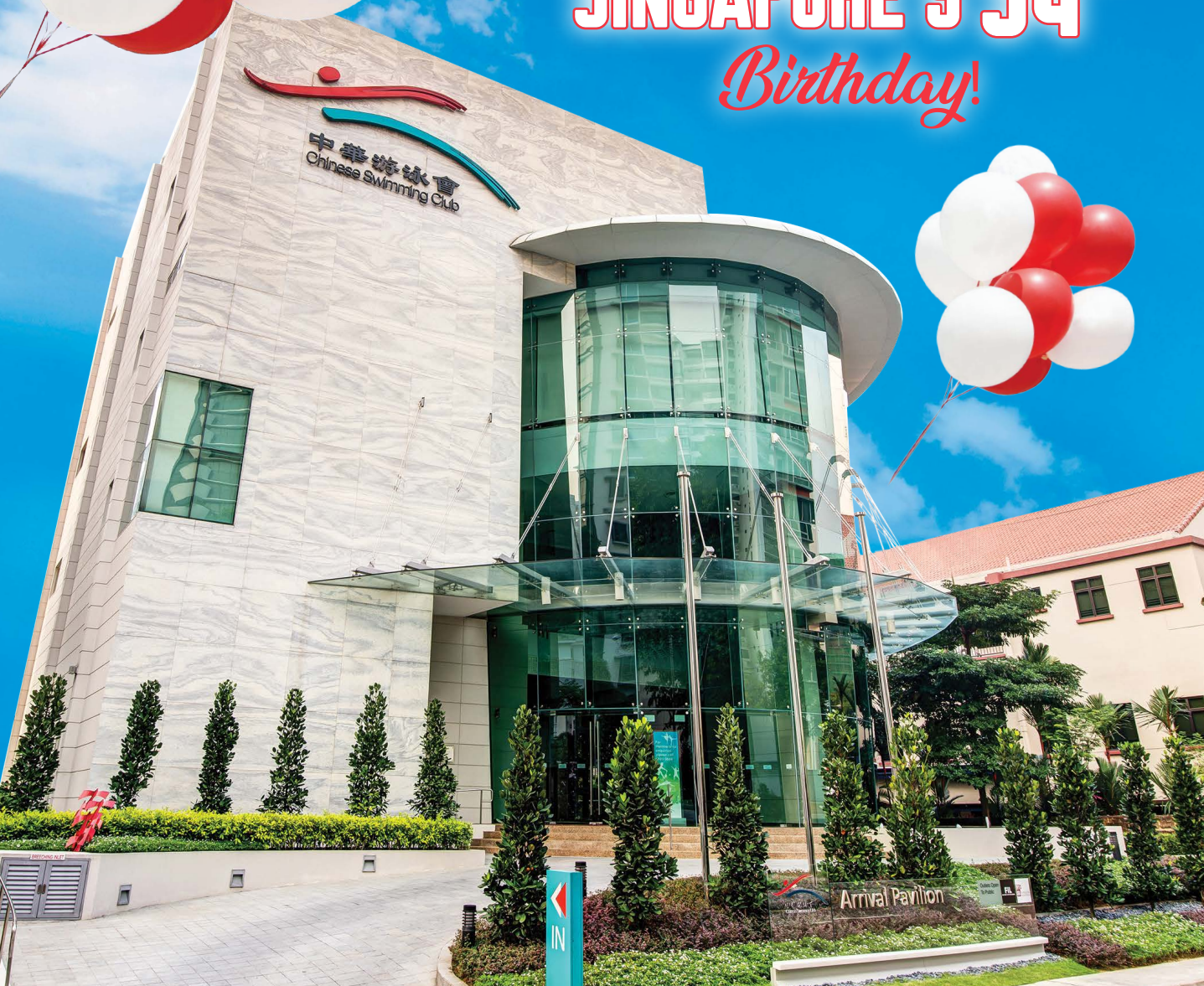
FREESTYLE



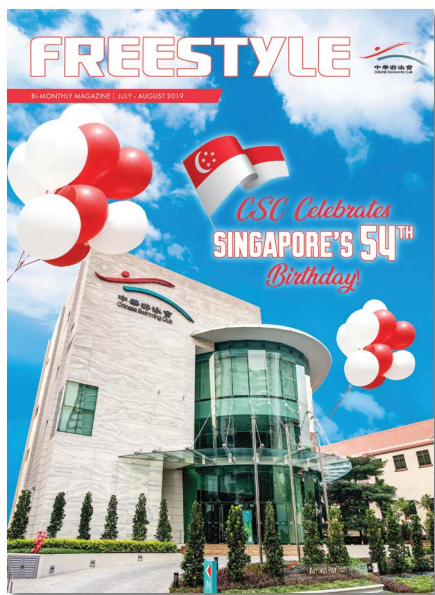
BI-MONTHLY MAGAZINE | JULY - AUGUST 2019



CSC Celebrates
SINGAPORE'S 54TH
Birthday!



FREESTYLE PUBLICATION



ON THE COVER

CSC Celebrates Singapore's 54th Birthday!

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Dear Members

I am pleased to share that the Club has received overwhelming response for the upcoming 4th CSC Super Junior Swimming Invitational 2019 on 6th & 7th July. More than 700 swimmers from 20 local clubs and swim schools and 14 foreign swimming clubs from six countries; China, Malaysia, Brunei, Thailand, Philippines and Indonesia have registered their swimmers for the 2-day meet. We look forward to hosting this exciting annual swim event and expect a very large crowd for these 2 days. I seek members' understanding as there will be limited car park lots during this 2-day event.

In May the air-condition system at the Arrival Pavilion was replaced with a more efficient and eco-friendly system. Bowling enthusiasts will be delighted to know that Club has recently installed the new QubicaAMF BES X Bowling Entertainment System at 12 Lanes. The new system offers visually-stunning graphic settings with animated and themed backgrounds, scoring grids and more than 1,000 unique animations. Drop in at 12 Lanes for a new bowling experience.

As usual, our Sports and Lifestyle team has a myriad of exciting events and activities lined up for the next half of the year. The most anticipated is the CSC Open House 2019 & Aquatic Festival on 21 September, a fun-filled day of aquatic, sports and exciting activities. Details for the event will be released soon.

Food lovers can look forward to the monthly chef specialty at Man Zhu Café. Bring the family for holiday brunch on National Day and Hari Raya Haji. Indulge in our triple-tiered platter of sweet and savoury treats paired with a selection of tea and coffee and give us your feedback.

Wine and whisky aficionados will be pleased with two forthcoming F&B events; Whisky and Cheese Pairing on 18th July 2019, and Torres Wine Dinner on 15th August 2019.

On behalf of the Management Committee and staff, I wish all members a Happy National Day. May Almighty God continue to bless and guard Singapore with unceasing Peace and Harmony.

Shalom and God Bless.



Edwin

Edwin Lee
President

Cinema Alfresco

Friday, 31 May 2019



On 31 May, the 4th Cinema Alfresco by The Pool kick-started the June School Holidays with a bang. Prior to the commencement of the movie screening, the children bonded with their parents and grandparents during their first successful debut in kite flying with us. Everyone was in smiles and laughter. The Cinema Alfresco event attracted around 220 family members and their friends where they immersed into the world of adventures with the magical nanny in the musical fantasy movie "Mary Poppins Returns". Despite the short moments of blackout and eventually the relocation caused by drizzles, members stayed on to watch the movie. Look forward to see you at the next movie screening!





104th

Annual General Meeting

The 104th Annual General Meeting (AGM) was held on 28 April at the Activity Suite this year. The meeting convened at 10.30am and on behalf of the Chairman, Mr John Chew, Club Captain, called the meeting to order. Mr Chew announced that there was no contest for the positions in the Management Committee and Disciplinary Panel.

The Club President, Mr Edwin Lee, thanked members for taking time to attend the meeting and delivered his address. Mr Lee extended his and the team's greatest appreciation to the outgoing members of the Management Committee, Vice President (Finance), Mr Vincent Kuek and Member, Mr Tan Lai Choon who had selflessly served the Club. Mr Kuek has also agreed to continue to serve as a Trustee of the Club. Mr Lee then welcomed Mr Steven Tan and Mr Gerard Ng, the new Management Committee members onboard for the new term of office.

At the meeting, respective members of the Management Committee addressed the queries raised by the members accordingly. Mr Jonathan Kuah, Deputy Chairman of Vision 2030 Committee presented various facilities upgrading and renovation works that were initiated and completed in 2018 which included the Children Playground and the al fresco dining at Manzhu Café. These new facilities had made the Club a more family-oriented place for the members. Mr Kuah also highlighted a series of well received Club activities and events that were organized last year to engage members and their families. Mr Kuah shared one of the exciting initiatives that members could look forward in 2019 will be the proposed new café lounge at Arrival Pavilion which the Vision 2030 Committee is working with respective Standing Committees.

The meeting was adjourned at 11.45am and President thanked all members for their participation. For more details of the meeting, members can refer to the Unconfirmed Minutes of the 104th AGM which had been mailed to all members.





CLOSURE OF CLUB FACILITIES FOR STAFF ANNUAL DINNER 2019

Please be informed that the Club facilities will be closed from **12.00nn on Monday, 19 August 2019** for its Staff Annual Dinner.

In view of the closure, please be further advised that:

- Man Zhu Café and Three Bars will be closed for the day. Only Joy Luck Cove will be in operation till 4.00pm.
- The Grand Patros @ CSC Grand Ballroom, FIL Spa Body & Intelligence, Kawai Music School, Fu Lin Men Cantonese Dining and The DanceSport Academy will operate as usual.

We apologise for any inconvenience caused.

AMENDMENTS TO FLEX GYM'S BYE-LAW

After review of the Flex Gym's operating hours extension trial by the management, we are pleased to inform that with effect from Saturday, 4 May 2019, the Flex Gym's Bye-Laws shall be amended as follows:

BOOKING/OPENING HOURS

12. Operating Hours:

Monday to Friday : 6.30am to 10.00pm

Saturday & Sunday : 7.00am to 9.00pm

Public Holiday : 7.00am to 8.00pm



KEEP CLEAN SINGAPORE

On 17 May 2019, 23 CSC staff volunteered and participated in the Keep Clean Singapore campaign. The team was divided into groups and preceded to the nearby East Coast Park to clean the beach area. Recyclable items and general waste were picked and properly segregated into the respective bags. It was a meaningful event and everyone was delighted to have contributed their part in keeping Singapore clean and green. 3 cheers to CSC management and staff!



FIRE SAFETY TRAINING FOR CSC STAFF

63 CSC staff attended the Fire Safety Training organized by HR team and learned the use of fire extinguisher to put out small fire. The training was held on 3 different sessions, from 15 to 17 April 2019 in the Club. The staff gained useful insights on the proper techniques of using the fire extinguishers and had hands-on practice too. It was an enriching session for all.



NEW SCORING & ENTERTAINMENT SYSTEM AT 12 LANES

CSC members and guests are in for a treat as the Club recently installed the new QubicaAMF BES X Bowling Entertainment System at 12 Lanes to enhance bowlers' experience.

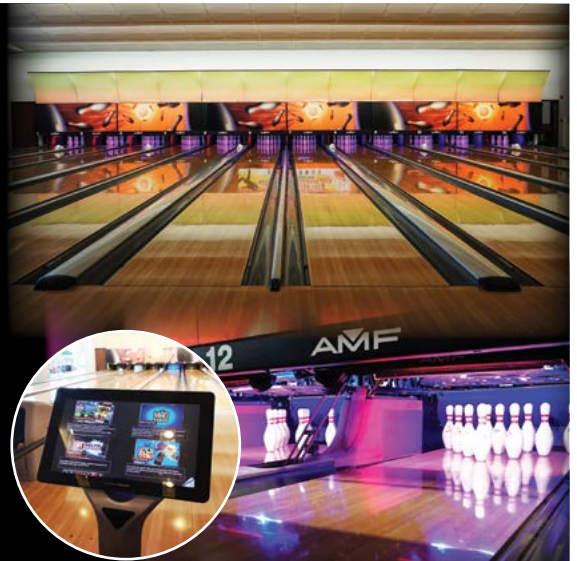
The system offers many visually-stunning graphic settings with animated and themed backgrounds, scoring grids and more than 1,000 unique animations. With the largest selection of settings, bowlers are able to select from a variety of games and game formats for different occasions, such as kids' birthday parties, corporate and group events, family functions as well as competitive play.

Another feature included is the easy-to-understand statistics which includes information such as which bowler is leading; how much a bowler needs to score to take the lead; highest number of strikes and many more.

With the interactive LCD console, bowlers will also have full control over their games, such as choosing their favourite animation and game, extending the bowling session directly from the lane, and taking individual and group photos via the built-in camera. Moreover, bowlers can share their bowling experiences on their social media platforms with friends, including bowling graphics and achievements.

If bowlers face any problems, our operator is only a video call away via the LCD console and this makes the communication between both parties more friendly and interactive. It also keeps the service waiting time to an absolute minimum.

With the new system in place, we are sure that you and your loved ones will have a fun and exciting time here. Come visit 12 Lanes today!



Finding a venue to host your child's birthday celebration or bond with your friends over a bowling session? Look no further as we have attractive booking packages for you! For more information, please contact Jick Sern at DID 6885 0675 or email JickSern_Lam@chineseswimmingclub.org.sg.

Staff Service Compliments

Dear Sir,

Feedback on 4 points:

1. The new-look Freestyle magazine is great! It's fresh, colourful, attractive, pleasing to the eye, informative, draws the reader in, and easy to navigate.
2. Manzhu Cafe staff offer very good service. They are always attentive, pleasant, dedicated and efficient. The cafe's interior is clean, bright, spacious, attractive and very professional-looking.
3. I have nothing against wonderful singing duo William & Judy, but we do need a change and rotation once in a while, and I am glad that change has finally come.
4. The children's play area next to the open-air eating area (outside Manzhu Cafe) is good. It is compact, pleasing to the eye, and offers children who are not eating in the cafe, or swimming, a place to move around in, get some fresh air and expend some energy

Ms Tan Swee Leng
004308

Dear Sir,

On many occasions during my visits to Man Zhu, I had the opportunity to be served by Ms Sally Soh.

Last week I had visitors from Melbourne and Vancouver and my guest were very impressed with her 'great smile', courtesy and efficaciousness.

As a matter of fact, all the staff members are very friendly and courteous.

They are assets to your organization.

Regards,
Mr Errol Tan
010924

Dear Sir,

I would like to give compliments to Lily Lim who is very professional and helpful in the arrangement and club tour and follow up. Awesome service!

Mr Teo Kok How
015940



COMPETITIVE PROGRAMME



MICHAEL PEYREBRUNE

**Head Coach / Director
of Swimming**

Joined: 2019

Coach-In-Charge of: A1 Competitive
Training Group

Certificate: UK Coaching Level 4,
UK Coaching Level 4 Tutor, Great Britain
National Team 1996 - 2000, 2003 - 2016



LIM ZHI CONG

Swimming Coach

Joined: 2015

Coach-In-Charge of: A2 Competitive
Training Group

Certificate: NCAP Level 1



WANG TAO

Swimming Coach

Joined: 2014

Coach-In-Charge of: B1 Competitive
Training Group

Certificate: American Swimming
Coaches Association Certificate Level 5



WU YANG

Swimming Coach

Joined: 2014

Coach-In-Charge of: B2 Competitive
Training Group

Certificate: American Swimming
Coaches Association Certificate Level 5



JEREMY KEVIN MATHEWS

Swimming Coach

Joined: 2018

Coach-In-Charge of: C1 Competitive
Training Group

Certificate: Teacher of Towards
Competitive Strokes & Teacher of
Swimming and Water Safety



LEARN TO SWIM & DEVELOPMENTAL PROGRAMME



SIMON TAN

Senior Swimming Coach

Joined Chinese Swimming Club in 2013. 35 years of experience in Learn To Swim programmes and Competitive coaching.

Certificate: NCAP Level 1



JEFFREY NG

Swimming Coach

Joined Chinese Swimming Club in 2005. 12 years of experience in Learn To Swim programmes, Developmental and Competitive coaching.

Certificates: NCAP Level 3, Certificated Swimming Instructor Level 1 & 2, Certified Lifesaving Instructor



THOMAS TAN

Swimming Coach

Joined Chinese Swimming Club in 2013. 40 years of experience in Learn To Swim Programmes, Developmental and Competitive coaching.

Certificates: NCAP Level 1, Certified SwimSafer Instructor



KENNY CHAN

Swimming Coach

Joined Chinese Swimming Club in 2013. 35 years of experience in Learn To Swim Programmes and Developmental Swimming.

Certificates: NCAP Level 1, Certified SwimSafer Instructor



**AMRIN JAMANTE
HAMSAIN**

Swimming Coach

Joined Chinese Swimming Club in 2013. 25 years of experience in Learn To Swim and Developmental Swimming.

Certificates: AustSwim Teacher of Aquatics, Bronze Medallion, Life Saving 1, 2, 3



**EMMA MACABASCO
HAMSAIN**

Swimming Coach

Joined Chinese Swimming Club in 2018. 26 years of experience in Learn to Swim and Developmental Swimming.

Certificates: AustSwim Teacher of Aquatics, Life Saving 1, 2, 3

LONG TERM SWIMMER DEVELOPMENT

Head Coach Dr. Mike Peyrebrune expands on his last article and explains some of the complexity that surrounds the expertise needed to become a top swimmer.

In the previous article, we discussed the importance of a holistic or 'more rounded' approach to swimming and the wider, less obvious benefits of training for competition. We mentioned the long journey a swimmer has to take and the necessity for regular and frequent training sessions to adequately practice a multitude of skills that contribute to expert performance. We also discussed the need to not just practice, but practice well!

To expand the concept of 10,000 hours proposed by Professor Anders Ericsson from the United States, this could break down into 48 weeks per year, 10 sessions per week, 2 hours per session for 10 years. Recent research would suggest that this number is variable, but it could be less for the very talented (0.1% of the population) or more if the practice is not good ('deliberate practice'). In swimming, even the most talented will approach this number (see Phelps, Lochte, Thorpe, Schooling for instance).

One common (and obvious) question is 'why so much time to practice?'. In our case, Homo sapiens were not born or brought up to be proficient in water; we are a land mammal. From a young age, we use our legs and walk/run for up to 16 hours a day. We never ask our bodies to perform the swimming actions, with those muscles until we enter the water. Things get more complicated as we ask the arms and legs to perform different actions at the same time, and also the left-hand side and right-hand side to make different actions at the same point. If that is not hard enough, we ask them to perform these actions in a completely foreign environment (water) and we haven't even touched on the gymnastic abilities needed to start and turn effectively!

There are many models that categorise training and competition performance. One of the earliest and simplest was pointed out to me recently by GM, that was used by the famous golfer Gary Player. His mantra was based on developing a "holistic principle or approach" for the game built on '3 dimensions': Mental, Skill (Technical) and Physical.

A more detailed and swimming-specific diagram is shown below and illustrates the key components that contribute to success in any sport, sometimes called 'the pillars of performance'. Following articles will look at each of these aspects and provide swimming examples to illustrate the process of development.

World class swimming requires the development of many different characteristics and factors (see Figure below) honed over years of practice. In swimming, the '10,000 hours rule' is fairly applicable – it is a complex skill and has to be refined and conditioned by repeating correct, excellent movements. This is why the best swimmers take 10-12 years to fully maximise their potential. Even then, it is those who practice long AND precisely who prevail.



Dr. Michael Peyrebrune

Take-away thoughts:

- The performance matrix is a complex one and takes a long time to develop well
- Regular and consistent attendance is critical; 7-8 sessions per week, year-round is a good start
- Swimmers take significant time to develop all the characteristics needed for International success – it is not an 'overnight result'
- Application and attention to detail in training are crucial to achieve the correct improvements
- 'Meticulous, patience and persistence in practice' would be a reasonable motto



Figure 1: The 5 pillars of coaching that contribute to performance

BOOST CHALLENGE I

204 swimmers participated in this edition of Boost Challenge 2019. Swimmers used this competition as a last opportunity to record the necessary times for their upgrading and to gain valuable racing experience.



Photos credited to Mr Tommy Low.

SWIM CSC SHORT COURSE FUN CHALLENGE II

A total of 112 swimmers participated in the 2nd Swim CSC Short Course Fun Challenge held on the 1 June 2019. Participants consisted of mostly junior swimmers who swam in 25m, 50m and 100 m events. The highlight of the event was of course the Parent-Child Relays! These are great bonding events for parents and our swimmers, where they form a relay team of 2 and compete against each other.



Photos credited to Mr Tommy Low.

SWIMSAFER COURSE

55 swimmers had signed up for the Swimsafer course held from 4 to 7 June 2019. During the 4-day course, the swimmers gained valuable water safety knowledge and were equipped with the relevant skillset for survival in the event of emergency.



SWIM TRAINING CAMP 2019

9 swimmers and 2 team officials departed to Thanyapura, Phuket, Thailand for Swim Training Camp from 2 June to 10 June 2019. The objective of the camp was to allow the swimmers to have fewer distractions and stay focus on training. The camp also helped the swimmers develop a feeling of teamwork and bolster their motivation to get better in this sport. It created an opportunity for the coach to work closely with the swimmers on improving their strokes. Besides all the scheduled trainings, the swimmers also had some leisure time to explore the places of interest in the city.



10% OFF

total bill for CSC Members at Arena & Sun Paradise outlets

Promotion valid till 31 December 2019.

Terms and conditions

- Present valid membership card before purchase to enjoy this promotion.
- Not applicable during Great Singapore Sales and Year End Sales promotion.
- Promotion is not applicable to the sale of Competitive suits, Toughsuits, and items in conjunction with any existing promotions for School & Clubs.
- Arena reserves the right to amend the terms & conditions without prior notice.





COMMITTEES' APPRECIATION NIGHT 2019

The biennial Committees' Appreciation Night was held on 5 April 2019 at Fu Lin Men Cantonese Dining. This event was organised by the Sports & Games Committee for the Club to recognise the hard work and valuable contributions of all the members of the Management Committee, Standing Committees, as well as the Sub-Committees under Sports & Games and Lifestyle for the year. A special commemorative collar pin was presented to the former and current members of the Management Committee while tokens of appreciation were given to the Chairman of Standing Committees and Convenors of Sports & Games and Lifestyle Committees. Attendees enjoyed a delectable dinner accompanied by live music performance and interactive games. We hope that all attendees had a great time and would like to thank all our Committees once again for their contributions towards CSC!



NATIONAL SNOOKER LEAGUE 2018/2019 & CHAMPION OF CHAMPIONS CUP 2018/2019

The National Snooker League 2018/2019 commenced on 10 December 2018 and the last game was rounded up on 8 April 2019. After 5 months of weekly trainings and intensive matches, we are happy to announce that Team CSC Lotus came in Runner-up in Division 1!

With this fantastic result, Team CSC Lotus qualified for the Champion of Champions Cup 2018/2019 held on Saturday, 11 May 2019. The team put up a strong fight in the finals against CBC Sharks.

Congratulations to Team CSC Lotus who eventually emerged as Runner-up for the Champion of Champions Cup 2018/2019. Well done!





PATRONS' CUP CUM APRIL MEDAL 2019

On 23 April 2019, 47 golfers participated in our inaugural Patrons' Cup cum April Medal held at Starhill Golf & Country Club. After a year-long of tough competitions, 27 golfers participated to compete in the coveted Patrons' Cup. Congratulations to Ken Khua for winning the Patrons' Cup with 31 Stableford points, based on 80% of his CSC handicap of 8, followed by Kuah Teck Beng and Steven Tan.

We will like to thank Club President, Mr Edwin Lee, Patron, Mr Gui and Member, Mr Steven Chia for their generous sponsorships towards the Golf Section's events in 2018/2019.

Not to forget our April Medal winners, congratulations to all:

Category	Position	Name (Hcp) – Stableford pts	Hcp Revision
Division A	Champion	Jack Lim (16)	13
	2 nd	Ken Khua (8)	7
	3 rd	Kuah Teck Beng (13)	12
Division B	Champion	Low Yow Eng (23)	20
	2 nd	Mustaffa Lim (21)	19
	3 rd	Christine Koh (20)	19



MAY MEDAL 2019

28 golfers headed to Palm Resort Golf & Country Club on 28 May 2019 for the May Medal.

After the golf game, the group headed to Kim M Long Restaurant for a delectable sit-down lunch and prize giving thereafter.

Congratulations to our May Medal winners:

Category	Position	Name (Hcp) – Stableford pts	Hcp Revision
Division A	Champion	Eugene Lim (16) - 34	13
	2 nd	Wong Kok Leong (18) - 31	16
	3 rd	Kuah Teck Beng (12) - 30	11
Division B	Champion	Philip Yeo (21) - 30	18
	2 nd	Eric Koh (21) - 29	19
	3 rd	Lim Leng Leng (21) - 27	20



7D6N JAPAN - HAKONE GOLF TOUR

From 17 to 23 May 2019, 23 golfers headed to Hakone, Japan for a golf tour. Apart from golfing, the group toured and visited places of attractions such as The Fuji Subaru Line 5th Station, Lake Ashi and Gotemba.

The golfers enjoyed their games at 3 different golf courses including Mishima Golf & Country Club, Hakone-En Golf Club and Rembrandt Gotemba Golf Club. Despite the rain that dampened the opportunity for one session of golf game, the group had a wonderful trip.



INTRODUCTION TO THE GAME OF BRIDGE



Organised by the Contract Bridge Sub-Committee, the introduction course attracted a total of 20 members and guests. Held weekly from 24 April to 12 June 2019, each session allowed participants to practise a different aspect of the game which acts as their stepping stone towards mastering the game. During the sessions, many section members were seen coming down to support and guiding the new players. The Sub-Committee would like to show appreciation to these members as well as fellow Sub-Committee member, Mr Tham Beng Kiong for conducting the course.



Contract Bridge is a mix of strategy, smart play and working with your partner to outwit the competition. Sounds fun? Join us in the next course! To register your interest, please email to ZhengYi_Hor@chineseswimmingclub.org.sg.

LEARN-TO-BOWL PROGRAMME FOR ADULTS



Bowling is a fun sport that almost anyone can participate and one is never too old to start bowling. Led by Coach Jeffrey Tan, the Learn-To-Bowl programme for adults kick started on 16 May 2019. The structured programme which consists of 10 lessons will allow participants to get familiar with the lane, pins, ball, and master basic skills such as balancing techniques, finishing position and ball release.



Members and guests who are keen to participate in the next intake, please email to JickSern_Lam@chineseswimmingclub.org.sg.

BOWLING BI-MONTHLY MEDAL (MAY 2019) CUM SECTION MEMBERS' NIGHT

The Bowling section has once again gathered for the bi-monthly medal on 26 May 2019. To make the Sunday more eventful, the annual section members' night was held right after the medal, and more than 40 section members and their families joined us for a night of feasting and games. Aside from the delectable buffet dinner, attendees got to win attractive lucky draw prizes that were prepared for the night. The Bowling Sub-Committee would like to thank all section members for their strong support.

The next bi-monthly medal will be held on 14 July 2019. Bowling section members who wish to participate, please email to JickSern_Lam@chineseswimmingclub.org.sg.



172ND TAEKWONDO SUPPLEMENTARY GRADING

Congratulations to all CSC trainees for achieving their new belts on 5 May 2019.



Randal Gay Ming Jie	3rd Poom
Leonard Lai Xun Han	3rd Poom
Ashna Mhatre	2nd Poom
Jerome Teong Cai En	1st Poom
Raeyan Yap	1st Poom
Malcolm Foo	1st Poom
Shi Hao Ran Anthony	1st Poom
Titus Fu Encheng	1st Poom
Faith Chen Xin Mien	1st Poom
Yeo Qi Xuan	1st Poom (P.Pass)
Isaac Ngiam Ri Hong	Brown Belt
Kendrick Chua	Brown Belt
Ian Lim Ding Yi	Brown Belt
Jenessa Wee Xin Yi	Brown Belt
Emmanuel Tay Renn Hom	Brown Belt

Tan Gene Jie	Brown Belt
Corra Koon Jing Wen	Red-Tip Belt
Emery Yeo Yong Boon	Red-Tip Belt
Goh TianYou Scott Shine	Red-Tip Belt
Nathan Castro	Blue Belt
Axel Tan Zheng Wei	Blue Belt
Sarah Chen Xin En	Blue Belt
Kimberly Ann Hartono	Blue Belt
Ayden Ang Kai Rui	Blue-Tip Belt
Ashton Ang Jia Rui	Blue-Tip Belt
Jayrian Chua Jun Yu	Blue-Tip Belt
Asha Enyi Vasu	Blue-Tip Belt
Xavier Tay Kai Huang	Blue-Tip Belt
Aden Tan Wei Dat	Green Belt
Adiv Tushar Gole	Green Belt

Zachary Lye Chit Wai	Green-Tip Belt
Don Tan Chuan Ren	Green-Tip Belt
Marcus Ho Jun Xin	Yellow Belt
Jaden Teo Sharma	Yellow Belt
Jacob Teo Sharma	Yellow Belt
Brian James Hartono	Yellow Belt
Ethan Ho Jun Hong	Yellow-Tip Belt
Eva Lee Xin Yi	Yellow-Tip Belt
Nathan Lee Zhi Cheng	Foundation White Belt
Yep Hon Lum Haniel	Foundation White Belt
Cory Alexander Tan	Foundation White Belt
Wee Alena Martin	Foundation White Belt
Donald Neo Geng Rui	Foundation White Belt

SINGAPORE WATER POLO NATIONAL LEAGUE (11U & 13U)

The recently concluded Singapore Water Polo National League saw CSC Water Polo Section sending one team each for the 11-Under (11U) and 13-Under (13U) categories.

This year, we are happy to announce that our team for 13U category came in second place in Division 1. Their perseverance paid off and our coaches were heartened to see our boys demonstrated good attitude and energy during the games. Not forgetting our younger boys who achieved fourth place in the 11U category as well. Participating in the competition has given them the experience and skills that they will



need as they progress in the sport, and we believe that the team will come back stronger in the next season.

Special shout out to our coaches, parents and Water Polo Sub-Committee for their support in the competition. Let us cheer for our 15U team who will be participating in the upcoming games in July 2019.



WATER POLO OVERSEAS TRAINING TRIP



During the school holidays, more than 70 Water Polo Juniors and their parents visited Malacca from 31 May to 2 June 2019. Besides having intensive training with the overseas teams, another objective of the trip was to create bonding opportunities between the juniors through fun leisure activities. Specially planned by the parents and Water Polo Sub-Committee, the boys were treated to go-kart and shooting range sessions. Definitely a good way to distress after their exams, as they were seen having so much fun.

It is heartened to see our juniors gain so much exposure and experiences during the trip. The Water Polo Sub-Committee would like to give thanks to the Malacca team for their wonderful hospitality, Sri KL team for making the trip down to Malacca for a friendly game, as well as parents for their support in making this trip especially memorable.



CSC TENNIS SINGLES & DOUBLES OPEN CHAMPIONSHIPS 2019

The in-house competition held on 27 & 28 April 2019 attracted a total of 18 participants who played in round robin format followed by knockout.

Congratulations to the following winners:

Category	Winner	Runners-up
Men's Singles	Koh Kai San	Mark Lai
Men's Doubles	Bernard Keh / Koh Kai San	Arnold Gay / Robyn Koh



FUN RUN

Led by our Flex Gym instructor, an average of 22 runners joined the bi-monthly runs held on Friday, 12 April, 10 & 24 May 2019 respectively. Not only did the runners enjoy the mid-run interval fun exercise planned by the innovative instructor, they also received F&B vouchers as incentive to stay healthy! Come join our twice monthly fun run on Friday evening at East Coast Park and be rewarded with every four runs completed between now till end of the year. Check out the Sports upcoming events for the run dates.



4 DAYS TABLE TENNIS HOLIDAY CAMP

On 10 to 13 June 2019, our junior members and guests had an enriching 4 days of table tennis training under the guidance of Olympic medalist - Li Jiawei. The kids benefited greatly and showed improvement in their strokes, stamina, reflexes and posture. Everyone had fun and was presented with a certificate endorsed by Li Jiawei.



NYONYA & BABA TEA DANCE PARTY

More than 100 dancers joined us on Labour Day as they mingled and danced through the afternoon. The dancers dressed up in their stunning Peranakan outfit and memorable photos were taken with their family and friends at the beautifully decorated Peranakan-style corner. We would like to express our gratitude to our sponsors, Mr Patrick Ho and his wife for their generosity in the lucky draw prizes and tremendous support by gracing the event.



GARDENING WORKSHOP BY NPARK



To sow the seed of interest in Urban Gardening in CSC, we collaborated with the National Parks Board, Horticulture and Community Gardening Division and organized a workshop on Tuesday, 11 April 2019. 24 members who attended the workshop conducted by the Npark Officer learnt about the different types of growing media, how to grow plants as well as pest management.

Whether or not you have a green finger and wish to be kept abreast of the CSC Gardening development, drop your details to JickSern_Lam@chineseswimmingclub.org.sg





Chef's Specialty

JULY

Ngoh Hiang Gou Xiang

(Served with one plate of bee hoon)



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$8.00

AUGUST

Crispy Seafood Noodles with XO Sauce



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$8.50

Holiday Brunch Buffet

10.30am to 2.30pm



National Day

9 August 2019 (Friday)

\$28.90 (Adult) / \$21.90 (Child)

Hari Raya Haji

11 & 12 August 2019 (Sunday & Monday)

\$28.90 (Adult) / \$21.90 (Child)



*Images for illustration purpose only.



REFER NOW & GET REWARDED WITH SPENDING CREDITS*

Ordinary / Associate Membership

\$300 for Referrer

\$1,000 for Referee

1 Year Term Membership

\$200 for Referrer

2 Years Term Membership

\$300 for Referrer

Promotion valid for a limited period only.

Member-Get-Member Scheme

For Ordinary / Associate Membership

Kindly complete the referral form with prior consent of the prospective member for the release of their contact information. The Club will get in touch with the prospective member shortly.



CORPORATE MEMBERSHIP

\$18,000*
(up to 4 nominees)

Are you looking into providing better incentives to reward your employees and also a perfect venue for networking opportunities? Chinese Swimming Club is your perfect choice! Sign up for our prestigious membership today to enjoy full access to our Club facilities as well as satisfy your gastronomic cravings...

Privileges:

- Access to Club facilities
- Enjoy wide repertoire of lifestyle activities and exercises for the whole family
- Exclusive members' rate for Club's activities and events
- 10% F&B discount for corporate events in the Club
- Access to more than 50 reciprocal and affiliate clubs, hotels and resorts in different countries

*Rate subject to prevailing GST



For more enquiries, please contact our Membership Department at 6345 1221 or 6885 0652 / 6 / 7
or email to membership@chineseswimmingclub.org.sg.



Classique Mix

Pop Ballads, Blues, Rock & Soul
Every Wed, 8.30pm to 11.15pm



DnA

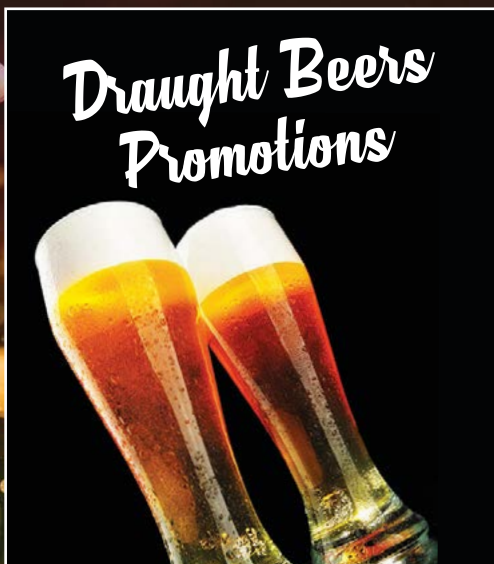
Pop Ballads, Blues, Rock & Soul
Every Sat, 8.30pm to 11.15pm



Puzzle Band

Pop Ballads, Mando & Cantopop
Every Fri, 8.30pm to 11.15pm

Tuesday & Thursday Promotions



BRUICHLADDICH

PROGRESSIVE HEBRIDEAN DISTILLERS

WHISKY & CHEESE PAIRING EVENT

The soul of the artisan matters.

Progressive Hebridean Distillers Bruichladdich believes in crafting their whiskies by hand, by eye and by taste, using old fashioned analogue methods for unparalleled taste, authenticity and character. Sharing this philosophy is The Cheese Ark, a collector of ancient, old fashioned and forgotten cheeses from the last of a dying breed of small, artisanal cheesemakers.

Meet APAC Brand Ambassador of The Single Cask, Brendan Pillai and the passionate founder of The Cheese Ark, Syu Ai Ming, as they take you on an exploration and discovery of craftsmanship through unexpected and explosive flavour combinations.

Thursday, 18 July 2019

7.00pm to 9.00pm

\$33.00

Lattice Suite, Recreation Complex (L3)



For registration enquiries or more information: ✉ Fnb_Events@chineseswimmingclub.org.sg ☎ 6885 0697 🌐 www.chineseswimmingclub.org.sg

Torres Wine Dinner



Thursday, 15 August 2019 | 7pm onwards

Lattice Suite, Recreation Complex (L3)

\$65 (Wine Club Member) | \$75 (Member) | \$85 (Guest)

Torres family has made wine in the ancient Catalan town of Villafranca del Penedes since 17th century. Currently, Torres has more than 1,300 hectares of its own vineyards and is present in more than 150 countries. Join us for this Torres Wine Dinner paired with specially crafted menu to tantalize your taste buds and to learn the finer details of wine from the experts.

- Menu -

Appetizer

Asparagus with Cheese and Prosciutto

Torres Verdeo

Soup

Spanish Garlic Soup

Torres De Casta Rosado

Main Course

Seared Iberico Pork

Creamy mashed potato, vine tomato, green asparagus

Torres Coronas

Or

Grilled Sea Bass and Squid with Spanish

Romesco Sauce

Creamy mashed potato, vine tomato, green asparagus

Torres Celeste Crianza

Dessert

Crema Catalana

For registration enquiries or more information: ✉ Fnb_Events@chineseswimmingclub.org.sg ☎ 6885 0697 🌐 www.chineseswimmingclub.org.sg

LATTICE SUITE

@ RECREATION COMPLEX, LEVEL 3

Host your events and create everlasting memories at CSC. Lattice Suite is your choice venue for private events with your family and friends.

LUNCH PACKAGE

Weekday from \$38.00 per pax Weekend from \$40.00 per pax

DINNER PACKAGE

Weekday from \$45.00 per pax Weekend from \$48.00 per pax

HIGH TEA PACKAGE

Weekday from \$35.00 per pax Weekend from \$38.00 per pax

Terms & Conditions:

- Above rates are based on a minimum booking of 30-80 pax per event.
- Booking duration is limited up to 3 hours.
- All rates will be subjected to prevailing GST.
- 50% deposit payable upon confirmation and balance payable on date of event.
- Other terms and conditions apply.

EMAIL: FNB_EVENTS@CHINESESWIMMINGCLUB.ORG.SG

TEL: 6885 0697

WWW.CHINESESWIMMINGCLUB.ORG.SG/CATERING.HTML



北京鸭龙趸套餐

Peking Duck Giant Garoupa Set Promotion!

福臨門
Fu Lin Men
Cantonese Dining at its Best



Promotion Period:
1st July - 31st August 2019

T&Cs:

- Not valid in conjunction with any other promotion, special offer, discount, voucher and/or coupon.
- Passion Group reserves all rights for final decision.

All prices subjected to 10% Service Charge & prevailing GST.
All photos are meant for reference only. Presentation of dishes may vary without prior notice.

Peking Duck Giant Garoupa Set (4 pax)

Special Price \$138 (Usual Price \$188)

北京鴨
Peking Duck

是日炖汤
Daily Double-boiled Soup

娘惹龙趸球
Stir-fried Sliced Giant Garoupa
with Nonya Sauce

鸭丝焖伊面
Braised Duck Meat
Ee Fu Noodle

甜品
Daily Dessert

Peking Duck Giant Garoupa Set (6 pax)

Special Price \$198 (Usual Price \$268)

北京鴨
Peking Duck

是日炖汤
Daily Double-boiled Soup

铁板黑椒猪软骨
Sizzling Pork Cartilage
with Black Pepper Sauce

糖醋百合龙趸球
Deep-fried Sliced Giant Garoupa
with Lily Bulb in Sweet Sauce

茄子鸭丝焖伊面
Braised Duck Meat
Ee Fu Noodle with Eggplant

甜品
Daily Dessert

Open to the Public | Chinese Swimming Club
Free Parking Coupon | Level 3
Tel: 6282 0810

DANCE

LATIN / STANDARD BALLROOM (FOR ALL LEVELS) *BY PETER WONG*

EVERY FRI, STARTING 30 AUG 2019

8.45PM - 9.45PM

MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (MEMBER) / \$105.93* (GUEST)

MIN. 4 PAX / 8 SESSIONS

EVERY MON, STARTING 2 SEP 2019

8.30PM - 9.30PM

ACTIVITY SUITE, SC (L3)

\$80.25 (MEMBER) / \$105.93* (GUEST)

MIN. 4 PAX / 8 SESSIONS



LINE DANCE (INTERMEDIATE)

BY ALVIN LOW

EVERY WED, STARTING 10 JUL 2019

2.00PM - 3.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS



SOCIAL DANCE (BEGINNERS)

BY ALVIN LOW

EVERY WED, STARTING 28 AUG 2019

3.30PM - 4.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 6 PAX / 8 SESSIONS



LINE DANCE (BEGINNERS)

EVERY TUE, STARTING 20 AUG 2019 / 2.00PM - 3.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS

LINE DANCE

EVERY SUN, STARTING 25 AUG 2019

1.30PM - 3.00PM (INTERMEDIATE)

3.00PM - 4.30PM (ADVANCED)

MULTI-PURPOSE ROOM, SC (L2)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS

LINE DANCE PRACTICE NIGHT

*LED BY LINE DANCE INSTRUCTOR,
MS BELINDA*

EVERY 1ST SATURDAY OF THE MONTH

UPCOMING DATE: 3 AUG 2019

7.00PM - 10.00PM

ACTIVITY SUITE, SC (L3)

\$3.21 (MEMBER) / \$6 NETT* (GUEST)

Please register upon entering the Activity Suite. Food & drinks are not included.

Note: There will be no Line Dance Practice Night on 6 Jul 2019 and 7 Sep 2019.



SOCIAL DANCE NIGHTS

EVERY 2ND TO 4TH / 5TH SATURDAY OF THE MONTH

8.00PM - 11.30PM

ACTIVITY SUITE, SC (L3)

\$7.49 (MEMBER) / \$12.84* (GUEST)

Price includes 1 free drink.

NEW

FLAMENCO (BEGINNERS)



Flamenco is a fiery and invigorating dance originating from Andalusia, South of Spain. Have fun keeping fit while learning the basics of Flamenco movements and short choreographies.

**EVERY WED,
STARTING 10 JUL 2019 /**

11.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$214.00 (MEMBER) /

\$252.52* (GUEST)

MIN. 8 PAX / 12 SESSIONS
13 YEARS & ABOVE

NEW

CHINESE DANCE (BEGINNERS)

FREE TRIAL

THU, 22 AUG 2019

5.30PM - 6.30PM (4 - 5 YEARS OLD)

6.30PM - 7.30PM (6 - 7 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

ACTUAL COMMENCEMENT

EVERY THU, STARTING 29 AUG 2019

5.30PM - 6.30PM (4 - 5 YEARS OLD)

6.30PM - 7.30PM (6 - 7 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

\$214.00 (MEMBER) /

\$246.10* (GUEST)

MIN. 5 PAX / 10 SESSIONS



**Price includes guest fee.*

NEW BELLYDANCE (BEGINNERS) – FEMALES ONLY

EVERY SUN, STARTING 21 JUL 2019

7.00PM – 8.00PM

EVERY MON, STARTING 22 JUL 2019

1.00PM – 2.00PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$128.40* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 5 YEARS & ABOVE



NEW BOLLYWOOD DANCE FITNESS (BEGINNERS)

EVERY THU, STARTING 18 JUL 2019

2.00PM – 3.00PM

EVERY SUN, STARTING 21 JUL 2019

8.30PM – 9.30PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$128.40* (GUEST)

MIN. 7 PAX / 4 SESSIONS / 5 YEARS & ABOVE



NEW CONTEMPORARY DANCE (BEGINNERS)

Join us for this seriously fun learning experience with progressive activities, exercises and choreography based on the approach of functional play.

EVERY THU, STARTING 25 JUL 2019

4.30PM – 5.30PM (5 – 6 YEARS OLD)

5.30PM – 6.30PM (7 – 9 YEARS OLD)

BY INSTRUCTOR AMELIA

EVERY FRI, STARTING 26 JUL 2019

4.30PM – 5.30PM (10 – 12 YEARS OLD)

5.30PM – 6.30PM (13 – 16 YEARS OLD)

BY INSTRUCTOR JOELYN

ACTIVITY SUITE, SC (L3)

\$160.50 (MEMBER) / \$192.60* (GUEST)

MIN. 8 PAX / 10 SESSIONS



NEW NEW VOGUE / SEQUENCE DANCING (BEGINNERS)

EVERY FRI, STARTING 20 SEP 2019

3.00PM – 4.00PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER)

\$196.88* (GUEST)

MIN. 6 PAIRS / 8 SESSIONS



NEW K-POP HIP HOP DANCE (BEGINNERS)

Learn the step-by-step Hip Hop dance moves choreographed to K-pop songs. Suitable for all gender.

EVERY SUN, STARTING 18 AUG 2019 / 4.45PM – 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$181.90* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 8 - 12 YEARS OLD

NEW CHINESE FAN DANCE (BEGINNERS)

FREE TRIAL

THU, 22 AUG 2019

4.00PM – 5.30PM

MULTI-PURPOSE ROOM, SC (L2)

ACTUAL COMMENCEMENT

EVERY THU, STARTING 29 AUG 2019

4.00PM – 5.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$192.60 (MEMBER) / \$211.86* (GUEST)

MIN. 5 PAX / 6 SESSIONS / 15 YEARS & ABOVE

Note: Fans will be provided during lessons only.



NEW STREET JAZZ (BEGINNERS)

Learn basic Jazz foundation steps as well as street dance foundations such as isolations.

EVERY SUN, STARTING 8 SEP 2019 /

7.00PM – 8.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$171.20 (MEMBER) / \$196.88* (GUEST)

MIN. 6 PAX / 8 SESSIONS

11 - 18 YEARS OLD



PARTY

CHINESE ORIENTAL NIGHT DANCE PARTY

Sashay in your Chinese Oriental outfit and dance through the night. Light buffet dinner and drinks will be provided.

SAT, 7 SEP 2019

7.00PM – 11.45PM

ACTIVITY SUITE, SC (L3)

\$29 NETT (MEMBER) / \$39 NETT* (GUEST)

CLOSING DATE: MONDAY, 26 AUG 2019

Please obtain a separate registration form from the Front Office, Sports Reception or CSC website. Registration will close upon maximum capacity or closing date, whichever that first occurs.

**Price includes guest fee.*



YOUTH & FAMILY

CHINESE KARAOKE SINGING

BY SUFAYE

EVERY MON, STARTING 16 SEP 2019

8.15PM – 10.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$196.88* (GUEST)

MIN. 10 PAX / 8 SESSIONS



Note: There will be additional material fees to be paid directly to instructor during the first lesson.

PAST PRESENT AND FUTURE MANDALA WORKSHOP

Sign up for this workshop and enjoy the therapeutic art for healing, happiness and stress reduction.

THU, 15 AUG 2019

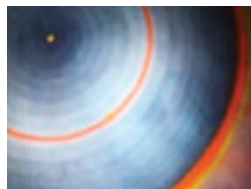
5.00PM – 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$29.96 (MEMBER) / \$35.31* (GUEST)

MIN. 5 PAX

CLOSING DATE: MON, 5 AUG 2019



CHINESE BRUSH PAINTING

EVERY THU / 10.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$123.05 (MEMBER) / \$155.15* (GUEST)

MIN. 6 PAX

CHILDREN'S BALLET

8 SESSIONS / MULTI-PURPOSE ROOM, SC (L2)

BEGINNERS I

SAT, 9.00AM – 10.00AM

\$119.84 (MEMBER) / \$162.64* (GUEST)

BEGINNERS II

SAT, 10.00AM – 11.00AM

\$162.64 (MEMBER) / \$205.44* (GUEST)

GRADE 1

SAT, 8.00AM – 9.00AM

\$222.56 (MEMBER) / \$265.36* (GUEST)

FRI, 3.00PM – 4.00PM / 4.00PM – 5.00PM

\$222.56 (MEMBER) / \$265.36* (GUEST)

GRADE 2

FRI, 6.15PM – 7.15PM

\$239.68 (MEMBER) / \$282.48* (GUEST)

GRADE 3

SAT, 11.00AM – 12.00PM

\$239.68 (MEMBER) / \$282.48* (GUEST)



ACRYLIC ART CLASS

Paint with The Artist & take a finished piece home!

TUE & THU, 23, 25 & 30 JUL, 1 AUG 2019

3.30PM – 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$149.80 (MEMBER) /

\$171.20* (GUEST)

MIN. 5 PAX

4 SESSIONS

CLOSING DATE: MON, 15 JUL 2019

Note: Fees including material.



SPEECH & DRAMA @ CSC WITH ARTISTIC EXPRESSIONS



For 15 years, Artistic Expressions helps children of all ages and skill levels develop presentation skills and confidence to act, sing or dance onstage in a nurturing environment that encourages you to explore your talents and creativity in a fun and encouraging setting!



ON-GOING CLASSES

Type	Day	Time	Venue	Age Group	Term Fee (8 sessions) Inclusive of material fee & GST	
					Member	Guest
Public Speaking	Tue	5.30pm – 6.30pm	Activity Suite, Sports Complex L3	Teens (13 yrs old & above)	\$267.50	\$299.60
Speech & Drama	Mon	3.00pm – 4.00pm		Preschoolers (4 – 6 yrs old)	\$160.50	\$203.30
		4.00pm – 5.00pm		P1 – 3 (7 – 9 yrs old)	\$192.60	\$235.40
		5.00pm – 6.00pm		P4 – 6 (10 – 12 yrs old)	\$224.70	\$267.50
	Sun	10.00am – 11.00am	Multi-Purpose Room, Sports Complex L2	Preschoolers (4 – 6 yrs old)	\$160.50	\$203.30
		11.00am – 12.00pm		P1 – 3 (7 – 9 yrs old)	\$192.60	\$235.40
		12.00pm – 1.00pm		P4 – 6 (10 – 12 yrs old)	\$224.70	\$267.50

MIN. 6 PAX

- Programmes will culminate in Speech & Drama / Communication examinations accredited by Trinity College at the end of the year.

- Participating students may be given performing opportunities within and beyond the club.

*Price includes guest fee.

CULINARY

SNOWSKIN MOONCAKE + WIFE CAKE (HANDS-ON)



Have a fun bonding session with your kids by making Snowskin Mooncake and the classic Wife Cake. Single rate is available as well. 5% discount for KidzClub member.

SAT, 3 AUG 2019 / 2.00PM - 5.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$90.95 PER PAIR (MEMBER) / \$101.65* PER PAIR (GUEST)

\$48.15 PER PAX (MEMBER) / \$53.50 PER PAX (GUEST)

CHILD AGE: 4 - 12 YEARS OLD

MIN. 4 PAIRS

PURPLE MONT BLANC (HANDS-ON)

Craving for some Purple Mont Blanc dessert? It is a crumbly Sablé Breton base topped with a dollop of Crème Chantilly then layered with countless swirls of Sweet Potato Paste. Add a local twist to this French dessert and learn the techniques of making it from scratch. Be sure to pack your own container and bring home half a dozen of the baked dessert. Refer a friend and both of you will enjoy a 5% discount.



SUN, 18 AUG 2019 / 9.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$112.35 PER PAX (MEMBER) / \$123.05* PER PAX (GUEST)

MIN. 4 PAX AND MAX. 8PAX

EXERCISE & LEISURE

HATHA YOGA

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20* (GUEST)

ACTIVITY SUITE, SC (L3)

TIME SLOT 1 (FEMALES ONLY):

EVERY MON / 7.00PM - 8.15PM

TIME SLOT 2 (FEMALES ONLY - GENTLE):

EVERY FRI / 9.00AM - 10.00AM

TIME SLOT 3 (FEMALES ONLY):

EVERY FRI / 7.00PM - 8.15PM

MIN. 6 PAX



TAIJI QIGONG

EVERY SUN / 8.15AM - 9.15AM

ACTIVITY SUITE, SC (L3)

\$37.45 (ORDINARY MEMBER)

\$32.10* (SENIOR MEMBER - 60 YEARS OLD & ABOVE)

MIN. 6 PAX

MUAY THAI

EVERY THU, STARTING 11 JUL 2019 / 8.30PM - 9.30PM

EVERY FRI, STARTING 12 JUL 2019 / 8.30PM - 9.30PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$205.44* (GUEST)

MIN. 6 PAX / 8 SESSIONS

KPOP X FITNESS (LITE)



EVERY FRI, STARTING 5 JUL 2019 / 10.15AM - 11.15AM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$141.24* (GUEST)

MIN. 6 PAX / 8 SESSIONS

TOTAL BODY CONDITIONING

EVERY THU, STARTING 18 JUL 2019 / 8.00PM - 9.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (MEMBER) / \$171.20* (GUEST)

MIN. 7 PAX / 8 SESSIONS

BODY BAND BALANCE

EVERY WED, STARTING 24 JUL 2019 / 9.00AM - 10.00AM

ACTIVITY SUITE, SC (L3)

\$149.80 (MEMBER) / \$224.70* (GUEST)

MIN. 10 PAX / 12 SESSIONS

PILOXING

EVERY SAT, STARTING 27 JUL 2019

2.00PM - 3.00PM

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$207.58* (GUEST)

MIN. 6 PAX / 8 SESSIONS



*Price includes guest fee.

PILATES

MONTHLY FEE: \$58.85 (MEMBER) / \$80.25* (GUEST)
ACTIVITY SUITE, SC (L3)

TIME SLOT 1 (BY ONG BENG HWEE):

EVERY MON / 7.00PM – 8.00PM

TIME SLOT 2 (BY ONG BENG HWEE):

EVERY TUE / 7.00PM – 8.00PM

TIME SLOT 3 (BY ONG BENG HWEE):

EVERY TUE / 8.05PM – 9.05PM

TIME SLOT 4 (BY YVONNE CHEONG):

EVERY TUE / 9.00AM – 10.00AM

TIME SLOT 5 (BY YVONNE CHEONG):

EVERY FRI / 12.00PM – 1.00PM

TIME SLOT 6 (BY ONG BENG HWEE):

EVERY SAT / 9.00AM – 10.00AM

MIN. 10 PAX



NEW YIN YOGA

Yin Yoga is the slow paced style of modern Yoga which requires floor postures to be held for an extended period of time. This exercise helps to stretch the deep connective tissues with the aim of improving the flow of chi, flexibility, release tension and balance the body's internal organ and system.



EVERY TUE, STARTING 6 AUG 2019 / 9.00AM – 10.00AM

MULTIPURPOSE ROOM, SC (L2)

\$171.20 (MEMBER) / \$205.44* (GUEST)

MIN. 5 PAX / 8 SESSIONS

NEW HOOP FITNESS

The hula hoop is no longer just a children's toy. It can be an enjoyable exercise where you will shape and tone your waist, abdominal, arms, thighs and reap many health benefits. At the same time, spin your way to a healthy heart and stronger spine too!



FREE TRIAL

WED, 10 JUL 2019 / 6.45PM – 7.45PM

SAT, 13 JUL 2019 / 12.30PM – 1.30PM

ACTIVITY SUITE, SC (L3)

ACTUAL COMMENCEMENT

EVERY WED, STARTING 17 JUL 2019 / 6.45PM – 7.45PM

EVERY SAT, STARTING 20 JUL 2019 / 12.30PM – 1.30PM

ACTIVITY SUITE, SC (L3)

\$105.00 (MEMBER) / \$156.22* (GUEST)

MIN. 5 PAX / 8 SESSIONS

NEW YOGA THERAPY FOR HEALTHY EYES

Trataka (or candle gazing) is a yogic focusing practice whereby one gazes at a candle flame. This therapy improves the stamina of the eye muscles, releases eye strain, corrects refraction problems like myopia, hyperopia and delays the onset of cataract. Overall, it improves concentration and calms the mind. Suitable for both children and adults.

EVERY TUE, STARTING 6 AUG 2019 / 4.00PM – 5.00PM

ACTIVITY SUITE, SC (L3)

\$235.40 (MEMBER) / \$261.08* (GUEST)

MIN. 5 PAX / 6 SESSIONS

NEW WUSHU (BEGINNERS)

FREE TRIAL

SAT, 13 JUL 2019

7.00PM – 8.00PM

MULTI-PURPOSE ROOM, SC (L2)



Note: Only applicable for members and guests who have not attended any prior trial.

ACTUAL COMMENCEMENT

EVERY SAT, STARTING 20 JUL 2019 / 7.00PM – 8.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MIN. 5 PAX / 4 SESSIONS / 5 - 12 YEARS

NEW KICKBOXING PROGRAMME (BEGINNERS)

Learn the full body combat and self-defense technique.

FREE TRIAL

SAT, 13 JUL 2019

8.15PM – 9.15PM

MULTI-PURPOSE ROOM, SC (L2)



Note: Only applicable for members and guests who have not attended any prior trial.

ACTUAL COMMENCEMENT

EVERY SAT, STARTING 20 JUL 2019 / 8.15PM – 9.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MIN. 5 PAX / 4 SESSIONS / 16 YEARS & ABOVE

For Wushu and Kickboxing Programme, contact Wan Ling
☎ 68850653 or ✉ Wanling_Tan@chineseswimmingclub.org.sg for more information.

**Price includes guest fee.*

NEW MEGADANZ

Megadanz is a fun & amazing workout that allows you to connect, engage & appreciate the quality of the movements, soul of the dance & the meaning of the rhythm through enjoying a variety of dance genres. Be sure to reap the many health benefits too!

FREE TRIAL

THU, 11 JUL 2019 / 10.15AM – 11.15AM

SAT, 17 AUG 2019 / 4.30PM–5.30PM

ACTIVITY SUITE, SC (L3)

ACTUAL COMMENCEMENT

EVERY THU, STARTING 18 JUL 2019 / 10.15AM – 11.15AM

EVERY SAT, STARTING 24 AUG 2019 / 4.30PM – 5.30PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$158.36* (GUEST)

MIN. 5 PAX / 8 SESSIONS



NEW OXIGENO



Built on the fundamentals of Yoga & Pilates, this exercise will build on your flexibility and mobility through a series of flowing movements connected to breathing accompanied by soothing music.

FREE TRIAL

THU, 11 JUL 2019 / 9.00AM – 10.00AM

SUN, 14 JUL 2019 / 10.45AM – 11.45AM

ACTIVITY SUITE, SC (L3)

ACTUAL COMMENCEMENT

EVERY THU, STARTING 18 JUL 2019 / 9.00AM – 10.00AM

EVERY SUN, STARTING 21 JUL 2019 / 10.45AM – 11.45AM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$158.36* (GUEST)

MIN. 5 PAX / 8 SESSIONS

NEW POLE DANCE FITNESS



Pole dance is a full body workout combining fitness, cardio, muscle conditioning, balance and flexibility. It enables you to exude grace, strength and sensuality via tricks, combos and dance choreography on a pole. Member who signs up for the full 6 sessions course after the trial will be entitled to a 10% discount.

FREE TRIAL

SUN, 14 JUL 2019 / 9.30AM–10.30AM

TUE, 6 AUG 2019 / 7.00PM–8.00PM

MULTI-PURPOSE ROOM, SC (L2)

ACTUAL COMMENCEMENT

EVERY SUN, STARTING 21 JUL 2019

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

EVERY TUE, STARTING 13 AUG 2019

7.00PM – 8.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$179.76 (MEMBER) / \$211.86* (GUEST)

MIN. 5 PAX / 6 SESSIONS

*Price includes guest fee.

Mid-Autumn Festival Celebration

Excited about the upcoming Mid-Autumn Festival Celebration? Stay tuned for more updates on the series of fun-filled activities coming your way on 6 September 2019.



2019 NATIONAL DAY PERSONAL TRAINING PROMOTION

PROMOTION PERIOD: 1 AUG 2019 TO 10 AUG 2019
1 HOUR PERSONAL TRAINING PACKAGE
10 SESSIONS @ \$535.00 (INCLUSIVE OF GST)

Terms & Condition (Members):

- Each session is 1 hour.
- Valid for 3 months from the date of purchase.
- Strictly no sharing or transferring of the package and no extension of expiry date.
- Multiple package purchase is allowed but valid for 3 months from date of purchase.

CSC Open House & Aquatic Festival 2019

Saturday, 21 September 2019 / 2pm – 6pm

Get ready to join us for a day of tremendous family fun! A day filled with exciting activities and programmes specially lined up for you and your loved ones!

Programme Highlights

- Launch of CSC Swimming Academy
- Synchronised Swimming Performance
- Water Activities Showcases
- Water Carnival Games
- Swimming and Photo Opportunities with Mermaid
- Art & Craft Workshops
- Food & Beverage Booths
- Sports & Lifestyle Programmes & Activities
- Lucky Draw Prizes to be won!

Mark your calendar with us!



* Programmes are subject to change without prior notice.

GOLF SECTION MEMBERS' NIGHT CUM JULY MEDAL



Join us for a fun-filled golf event with attractive lucky draw prizes to be won!

TUESDAY, 23 JUL 2019

**GOLF @ MARINA BAY GOLF COURSE &
DINNER @ACTIVITY SUITE**

Contact Michelle ☎ 6885 0674 or ✉ Michelle_Lee@chineseswimmingclub.org.sg for more information.

SQUASH DEVELOPMENT PROGRAMME (BEGINNERS / INTERMEDIATE)

BY ZAINAL ABIDIN ELITE SQUASH ACADEMY



Spark your interest and join the Squash Development Programme to acquire the necessary strong foundation. Free trial lesson is available for interested individual.

EVERY SAT, 4.00PM – 6.00PM

EVERY SUN, 1.00PM – 3.00PM / 3.00PM – 5.00PM

SQUASH COURTS, SC (L3)

\$234 NETT / MONTH X 3 MONTHS (MEMBER)

\$260 NETT / MONTH X 3 MONTHS (GUEST)

AGE: 7 – 19 YEARS OLD

Contact Wan Ling ☎ 68850653 or ✉ Wanling_Tan@chineseswimmingclub.org.sg for more information.

CSC 27TH ANNUAL GOLF CHAMPIONSHIPS



Come and join us in one of the major CSC golf events which will be held in August!

THURSDAY, 22 AUG 2019

ORCHID COUNTRY CLUB

Contact Michelle ☎ 6885 0674 or ✉ Michelle_Lee@chineseswimmingclub.org.sg for more information.

TAEKWONDO JUNIOR TRAINING PROGRAMME



Calling for new recruits! Join the CSC Taekwondo Junior Training Programme where your child picks up self-defence techniques while focusing on the mental and ethical disciplines as well as developing their self-confidence. Wait no further and contact us for a free trial lesson today.

EVERY SUN, 1.00PM TO 6.00PM

ACTIVITY SUITE, SC (L3)

\$37.45/MONTH (COLOUR BELT)

\$26.75/MONTH (POOM / BLACK BELT)

Contact Zheng Yi ☎ 6885 0671 or ✉ ZhengYi_Hor@chineseswimmingclub.org.sg for more information.

CSC FUN WALK & JOG WITH FLEX INSTRUCTORS



Come enjoy a breezy evening with CSC flex instructor and fellow joggers! \$10 F&B vouchers will be awarded for every 4 sessions completed from July till December 2019, while stocks last!

5 & 19 JUL 2019, 2 & 16 AUG 2019

6.30PM - 7.30PM (ESTIMATED)

EAST COAST PARK

Contact Jick Sern ☎ 6885 0675 or ✉ JickSern_Lam@chineseswimmingclub.org.sg for more information.

INTRODUCTION TO FLIPPA BALL

A fun-packed aquatic activity that is designed to develop water confidence and build teamwork. Free trial lesson for interested juniors!

EVERY SAT, 6.15PM – 7.15PM

BEGINNERS' POOL

\$42.80 PER MONTH (MEMBER) / \$69.55 PER MONTH (GUEST)

AGE: 6 – 12 YEARS OLD



Contact Zheng Yi ☎ 6885 0671 or ✉ ZhengYi_Hor@chineseswimmingclub.org.sg for more information.

CSC-JTA TABLE TENNIS ACADEMY

Give your child a good start with a team of qualified coaches supervised by Li JiaWei @ the CSC-JTA Academy

Training available for 4 years old and above.

Want to know more?

Contact Wendy Tan @ 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Line Dance • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • Hydrofit 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • CSC Fun Walk & Jog with Flex Instructors 	
7	8	9	10	11	12	13
	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Line Dance • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan • Flamenco • Hoop Fitness (Trial) 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • Hydrofit • Muay Thai • Megadanz (Trial) • Oxigeno (Trial) 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • Muay Thai 	<ul style="list-style-type: none"> • Piloxing • Hydrofit • Pilates • MBSR Gentle Yoga • Children's Ballet • Social Dance Night • Wushu (Trial) • Hoop Fitness (Trial) • Kickboxing Programme (Trial) • Squash Development Programme
14	15	16	17	18	19	20
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance • Pole Dance Fitness (Trial) • Oxigeno (Trial) • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Line Dance • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan • Flamenco • Hoop Fitness 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • Hydrofit • Muay Thai • Megadanz • Bollywood Dance Fitness • Oxigeno • Whisky & Cheese Pairing Event 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • Muay Thai • CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> • Piloxing • Hydrofit • Pilates • MBSR Gentle Yoga • Children's Ballet • Social Dance Night • Wushu • Hoop Fitness • Kickboxing Programme • Squash Development Programme
21	22	23	24	25	26	27
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance • Bollywood Dance Fitness • Bellydance • Oxigeno • Pole Dance Fitness • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates • Bellydance 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Line Dance • Arcylic Art Class • Pole Dance Fitness • Golf Section Members' Night cum July Medal 	<ul style="list-style-type: none"> • Yang Style Taiji Quan • Body Band Balance • Flamenco • Hoop Fitness 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • Hydrofit • Muay Thai • Bollywood Dance Fitness • Contemporary Dance • Arcylic Art Class • Megadanz • Oxigeno 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • Contemporary Dance • Muay Thai 	<ul style="list-style-type: none"> • Piloxing • Hydrofit • Pilates • MBSR Gentle Yoga • Children's Ballet • ASEAN Costume Dance Party • Wushu • Hoop Fitness • Kickboxing Programme • Squash Development Programme
28	29	30	31			
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance • Bollywood Dance Fitness • Bellydance • Pole Dance Fitness • Oxigeno • Taekwondo 173rd Supplementary Grading • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Bellydance • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Line Dance • Arcylic Art Class • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Social Dance by Alvin Low • Yang Style Taiji Quan • Body Band Balance • Flamenco • Hoop Fitness 			

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Bollywood Dance Fitness Contemporary Dance Megadanz Arcylic Art Class 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Contemporary Dance Muay Thai CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Children's Ballet Line Dance Practice Night Snowskin Mooncake + Wife Cake (Hands-on) Wushu Hoop Fitness Kickboxing Programme Squash Development Programme B&S Section National Day Gathering cum 6 Reds Snooker Invitational Tournament
4	5	6	7	8	9	10
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Pole Dance Fitness Bollywood Dance Fitness Bellydance Oxigeno Squash Development Programme 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Children's Ballet Bellydance 	<ul style="list-style-type: none"> Line Dance Pole Dance Fitness (Trial) Pilates Hydrofit Yin Yoga Yoga Therapy for Healthy Eyes 	<ul style="list-style-type: none"> Line Dance by Alvin Low Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Bollywood Dance Fitness Contemporary Dance Megadanz 	 <ul style="list-style-type: none"> National Day Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Muay Thai 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Squash Development Programme
11	12	13	14	15	16	17
<ul style="list-style-type: none"> Hari Raya Haji Taiji Qigong Hydrofit Pole Dance Fitness Oxigeno Taekwondo Training Programme Squash Development Programme 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Children's Ballet Bellydance 	<ul style="list-style-type: none"> Line Dance Pole Dance Fitness Pilates Hydrofit Yin Yoga Yoga Therapy for Healthy Eyes 	<ul style="list-style-type: none"> Line Dance by Alvin Low Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Megadanz Bollywood Dance Fitness Contemporary Dance Past Present and Future Mandala Workshop Torres Wine Dinner 	<ul style="list-style-type: none"> Hatha Yoga Latin / Standard Ballroom by Peter Wong KPOP X Fitness (Lite) Children's Ballet Contemporary Dance Muay Thai CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Megadanz (Trial) Squash Development Programme
18	19	20	21	22	23	24
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Pole Dance Fitness Bollywood Dance Fitness Bellydance Oxigeno Line Dance K-Pop Hip Hop Dance Purple Mont Blanc Taekwondo Training Programme Squash Development Programme 	<ul style="list-style-type: none"> CSC Staff Annual Dinner Chinese Calligraphy 	<ul style="list-style-type: none"> Line Dance Pole Dance Fitness Pilates Hydrofit Yin Yoga Yoga Therapy for Healthy Eyes 	<ul style="list-style-type: none"> Line Dance by Alvin Low Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Megadanz Bollywood Dance Fitness Contemporary Dance Chinese Dance (Trial) Chinese Fan Dance (Trial) CSC 27th Annual Golf Championships 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Contemporary Dance Muay Thai 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Megadanz Squash Development Programme
25	26	27	28	29	30	31
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Pole Dance Fitness Bollywood Dance Fitness Bellydance Oxigeno Line Dance K-Pop Hip Hop Dance Taekwondo Training Programme Squash Development Programme 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Children's Ballet Bellydance 	<ul style="list-style-type: none"> Line Dance Pole Dance Fitness Pilates Hydrofit Yin Yoga Yoga Therapy for Healthy Eyes 	<ul style="list-style-type: none"> Line Dance by Alvin Low Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Megadanz Bollywood Dance Fitness Contemporary Dance Chinese Dance Chinese Fan Dance 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Contemporary Dance Muay Thai 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Megadanz Squash Development Programme

As a CSC member, privileges extended to you are not just at your home club, but also at more than 50 reciprocal clubs, affiliate clubs, hotel and resorts in different countries!

RECIPROCAL CLUB ARRANGEMENTS

Ambassy Club, Shanghai

Ambassy Club is the first private club in Shanghai, located in a neighbourhood with the nostalgic heritage lingering since French concession till today. The sport and recreation facilities are well-equipped with squash courts, indoor and outdoor swimming pools with sunbathing deck, rock climbing walls, outdoor and indoor yoga area, basketball, football courts and more. Embassy Club also features dining outlets with a wide selection of luscious menu including Thai, French, Chinese and Mediterranean cuisines. Drop by for a visit during your next Shanghai trip.



The Royal Bangkok Sports Club, Thailand

Founded in 1901, The Royal Bangkok Sports Club is an exclusive sports club in Bangkok, best known for its horse racing. Located in the city centre's prime real estate, the Club was established to improve horse breeding and introduce field sports, mainly catering to the needs of expatriates and Thai aristocrats. Interestingly, The Royal Bangkok Sports Club was the first aviation site of Thailand where an airplane landed on its field in 1911. Today, the Club is home to many sports such as badminton, basketball, billiards, chess, cricket, field hockey, football, golf (18-hole course), gym, lawn bowls, martial arts, rugby, squash, swimming, table tennis, tennis etc.



AFFILIATE CLUB ARRANGEMENTS

Palm Resort Golf & Country Club, Johor

Your convenient getaway awaits you at Palm Resort Golf & Country Club. With a resort style hotel, Le Grandeur, it is a one stop staycation for all your sporting and recreational needs. The three 18-hole award-winning golf courses are named after the Malaysian flora, Allamanda, Cempaka and Melati. Landscaped with tropical palm trees, the golf courses cover 800 acres of rocky hills and picturesque lakes. The sports centre includes poolside gymnasium, bowling alley, squash courts, table tennis room, billiard and snooker tables, tennis courts and archery, there is something for everyone!



Tiara Melaka Golf & Country Club, Melaka



Melaka is famous for its rich history and heritage. Unknown to many people, Melaka is famous for its golf courses too. Located in the popular Ayer Keroh tourist area, Tiara Melaka Golf & Country Club is built on an old rubber plantation and former mine. It boasts three different 9-hole courses of varying difficulty and design, making it perfect destination for golfers of all levels to play. Illustrating a rainforest vibe, the golf courses are considered as one of the best in Malaysia. The Club also features excellent sporting and lifestyle facilities such as swimming pool, squash and tennis courts, gymnasium, steam bath, sauna, snooker and billiard rooms, video games, TV room and a pro shop.

Application / Booking Procedures

Reciprocal Clubs and Affiliation Clubs: Members are required to approach Front Office for either booking of golf flights or to request for an introduction letter at least one working day in advance. Changi golf club is an exception, members can call them directly for booking of golf games.

Hotel Reservations: Members are required to book directly with the respective hotels.

We would like to seek your co-operation against "no show" at the premises after the introduction letter has been issued as it is in good faith that the privileges have been extended to us.

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg

Your CSC Membership has its privileges - connecting you to a network of more than 50 clubs and hotels in various countries.

RECIPROCAL CLUBS

Cambodia

Cambodian Country Club
Tel: +855 23 6188 5591
www.cambodian-country-club.com

China

Ambassy Club, Shanghai
Tel: +86 21 6437 9800
www.ambassyclub.com.cn

Ambassy Club, Pudong

Tel: +86 21 5198 3688
www.ambassyclubmanagement.com/en/top/about_pudong

Shanghai Town & Country Club
Tel: +86 21 8025 8666
www.ddi-tcc.com

Tianjin Goldin Metropolitan Polo Club
Tel: +86 22 8372 8888
www.goldinmetropolitanhotel.com

Hong Kong

United Services Recreation Club, Kowloon
Tel: +852 3966 8600
www.usrc.org.hk

Korea

The Seoul Club, Seoul
Tel: +82 2 2238 7666
www.seoulclub.org

Malaysia

Chinese Swimming Club, Penang
Tel: +6 04 899 0813
www.cscpg.com

Holiday Villa Subang, KL
Tel: +6 03 5633 8788
www.holidayvillahotels.com

Ipoh Swimming Club, Ipoh
Tel: +6 05 253 1706

Kulim Club, Kedah
Tel: +6 04 490 6054

Penang Club, Penang
Tel: +6 04 227 7366 / +6 04 229 3484
www.penangclub.net

Penang Sports Club, Penang
Tel: +6 04 229 7834
www.pgssportsclub.com.my

Sunway Lagoon Club, KL
Tel: +6 03 5639 8600
www.sunway.com.my

Philippines

Makati Sports Club, Manila
Tel: +63 2 817 8731
www.makatissportsclub.com

Singapore

One° 15 Marina Club
Tel: +65 6305 6988
www.one15marina.com

Sri Lanka

Colombo Swimming Club
Tel: +94 11 242 1645
www.colomboswimmingclub.org

Taiwan

American Club, Taipei
Tel: +886 2 2885 8260
www.americanclub.org.tw

Thailand

The Royal Bangkok Sports Club, BKK
Tel: +66 2 652 5000
www.rbsc.org

The British Club, BKK
Tel: +66 2 234 0247
www.britishclubbangkok.org

CORPORATE MEMBERSHIP

Johor Bahru

Ponderosa Golf & Country Club & Impian Emas
Tel: +60 7 354 9999
www.ponderosagolf.com

AFFILIATE CLUBS

China

Mission Hills Golf Club, Shenzhen
Tel: +86 755 2802 0888
www.missionhillsschina.com

Indonesia

Indah Puri Golf Resort, Batam
Tel: +65 6270 0533
www.indahpuri.com

Lagoon Resort, Bintan
Tel: +65 6223 3223
www.bintanlagoon.com

Laguna Golf, Bintan
Tel: +62 770 693 188
www.lagunagolf.com

Modern Golf & Country Club, Tangerang
Tel: +62 21 552 9228
www.moderngolf.co.id

Nongsa Resorts, Batam
Tel: +62 778 761080
www.nongsaresorts.com

Palm Springs Golf and Country Club, Batam
Tel: +62 77 876 1222
www.palmsprings.com.sg

Ria Bintan Golf Club, Bintan
Tel: +65 6546 7555
www.riabintan.com

Riverside Golf Club, Bogor
Tel: +62 21 867 1533
www.riverside-golf.com

Southlinks Country Club, Batam
Tel: +62 77 832 4128
www.southlinksgolf.com

Tering Bay Golf Club, Batam
Tel: +62 770 693 188
www.teringbay.com.sg

Malaysia

IOI Palm Villa Golf and Country Resort, Johor
Tel: +607 599 9099
www.palmvilla.com.my

Orna Resort Berhad, Malacca
Tel: +6 06 521 0333
www.ornaresort.com.my

Palm Garden Golf Club
Tel: +6 03 82136333
www.palmgarden.net.my

Palm Resort Golf & Country Club, Johor
Tel: +6 07 599 2000
www.palmresort.com

Sutera Harbour Resort, Kota Kinabalu
Tel: +6 08 831 8888
www.suteraharbour.com

Tiara Melaka Golf & Country Club, Malacca
Tel: +6 06 231 1111
www.lion.com.my

The Els Club, Desaru Coast, Johor
Tel: +6 07 8780000
www.elsclubmalaysia.com

Singapore

Changi Golf Club
Tel: +65 6545 5133
www.changigolfclub.org.sg
(Open to CSC members on weekdays only)

Keppel Club
Tel: +65 6375 5567
www.keppelclub.com.sg

Sembawang Country Club
Tel: +65 6257 0642
www.sembawanggolf.org.sg

Warren Golf & Country Club
Tel: +65 6586 1245
www.warren.org.sg

Vietnam

Song Be Golf Resort, Ho Chi Minh City
Tel: +84 274 3755 802
www.songbegolf.com

HOTELS

Bangkok

Hotel Novotel (Siam Square)
Tel: +66 2 255 2444
www.novotelbkk.com

Indonesia

The BCC Hotel & Residences - Batam
Tel: +62 778 421 666
www.thebcchotels.com

Crown Vista Hotel, Batam
Tel: +62 811 700 6246
www.crownvista-hotel.com

Montigo Resorts, Nongsa, Batam
Tel: +62 778 776 8888
www.montigoresorts.com

Kuala Lumpur

Cititel (Mid Valley)
Tel: +6 03 2296 1188
www.cititelmidvalley.com

Micasa All Suite Hotel
Tel: +65 6885 0651
www.micasahotel.com

Kulai

Corsica Hotel
Tel: +6 07 660 0011
www.corsicahotelkulai.com.my

Malacca

Holiday Inn Melaka
Tel: +6 06 285 9000
www.holidayinnmelaka.com

Mahkota Hotel
Tel: +6 06 281 2828
www.mahkotahotel.com.my

Mimosa Hotel, Malacca
Tel: +6 06 282 1113
www.mimosahotel.com

The Pines Melaka
Tel: +6 06 240 2323
www.thepines-melaka.com

Penang

Eastern & Oriental Hotel
Tel: +6 04 222 2000
www.eohotels.com

Evergreen Laurel Hotel
Tel: +6 01 6226 0881
www.evergreen-hotels.com

G Hotel
Tel: +6 04 219 0000
www.ghotel.com.my

Olive Tree Hotel
Tel: +6 04 637 7777
www.olivetreehotel.com.my

Singapore

Amara Sanctuary Resort
Tel: +65 6825 3888
www.amarasanctuary.com

Grand Mercure Singapore Roxy **NEW**
Tel: +65 6344 8000
www.grandmercuresingapore.com.sg

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Reciprocal Clubs and Affiliation Clubs: Members are required to approach Front Office for either booking of golf flights or to request for an introduction letter at least one working day in advance. Changi golf club is an exception, members can call them directly for booking of golf games.

Hotel Reservations: Members are required to book directly with the respective hotels.

We would like to seek your co-operation against "no show" at the premises after the introduction letter has been issued as it is in good faith that the privileges have been extended to us.

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg



FIL

SKIN, BODY & SPA INTELLIGENCE

s\$58^{Nett} (incl. GST)

Award-Winning Premium Hydrating Facial + Premium Mask with complimentary Eyes and Neck Treats, 90 Mins

- Hydrated Skin • No-more Dull look
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Chinese Swimming Club 21 Amber Road 4th Storey, Arrival Pavilion Tel: 6345 3777

Consultation Hours: Mon - Fri (10am - 9pm) Sat, Sun & PH (10am - 7pm)

Operational Hours: Mon - Fri (12 - 9pm) Sat, Sun & PH (10am - 7pm)

Promotion is valid till 1st July – 31st Dec 2019. Please quote FCSC0719 during appointment booking. Treatments offered are available to Chinese Swimming Club Members who are first-time customers or those who have not visited FIL in the past 12 months. Valid to customers of age 21 years and above. Limited to one-time redemption per customer. All services & treatments purchased at Chinese Swimming Club cannot be utilised at other FIL outlets. Offers are only applicable for the treatment(s) stated and are not to be combined with any other promotions; neither are they exchangeable for cash or in kind, or any product(s) or other service(s) that is not stated. Surcharge of \$28 applies for couple room. All prices stated include prevailing GST. The management of FIL Skin, Body & Spa Intelligence reserves the right to vary the terms and conditions of this promotion without prior notice.

www.fil.com.sg

fil_singapore

FILSkinBodyAndSpaIntelligence

Create The Perfect Body With DanceSport

Adult Group Classes

Ever dreamt of dancing but didn't know where to start? Discover how fun and easy it is to master the art of Ballroom Dancing under our dedicated instructors at The DanceSport Academy.

Very soon, you'll be dancing the Cha Cha, Rumba or the Waltz and loving it!

Kids Group Classes

Unleash your child's fullest potential with an all rounded DanceSport education combining the joy of ballroom dancing with the discipline of sport.

Conducted by dedicated instructors from The DanceSport Academy, your child progresses through major milestones mastering the DanceSport syllabus with maximum results.

Private Lessons

Private Lessons are for those seeking a more focused learning experience. Private lessons grant you the flexibility to learn at their own pace. Perfect if you want the most out of their time!

"First Dance" Program

The concept of a couple's "First Dance" has long been a wedding tradition for many. Wouldn't it be great for you to wow your guests with a stunning First Dance? The DanceSport Academy presents to you our comprehensive Dance Program that ensures that you will have the perfect dance for your perfect night!

Corporate Workshops and Classes

For organizations seeking a unique activity to promote work-life balance for your staff, TDA has specially designed courses to help you achieve this objective. Choose between one-day workshops to induce fun and camaraderie among colleagues or simply opt for a dance course to help relieve stress after a hard day's work.

Dance Shoes & Accessories

"d.a.n.c.e p.a.s.s.i.o.n", with its exquisite European designs and high quality leather, it is definitely the dancers' choice. Check out our designs and prices.

TDA offers a wide range of dance accessories like shoe brushes and heel protectors.



It's finally here!!

ZUMBA®!!

Party yourself into shape with

ZUMBA®!!

The DanceSport Academy (TDA) brings to you an all new way to stay fit, keep in shape and have fun all at the same time!!

ZUMBA®, the Latin inspired fitness program sweeping the world by storm has finally arrived at TDA!! Join the crowd in swinging, shaking and sashaying to addictive beats and rhythms with easy, simple to follow moves. Combining all the elements of a Cardio program with the fun of dance, ZUMBA® will leave you panting for more.

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CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

feedback@chineseswimmingclub.org.sg

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FITNESS INSTRUCTORS
ext. 749 / CSC_Flex@chineseswimmingclub.org.sg

• SPORTS RECEPTION

Booking of Sports Facilities / 6885 0677
Booking of Bowling Lanes / ext. 745

RECEPTION COUNTERS

Front Office @ AP
Daily 8.30am to 10.00pm
Sports Reception @ SC
Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00nn to 9.30pm
Fri & Eve of PH 11.30am to 10.30pm
Sat 8.30am to 10.30pm
Sun 8.30am to 10.00pm
PH 10.30am to 10.00pm
(Last order is 30 minutes before closing)

THREE BARS

Non-band performing nights 11.30am to 11.00pm
Nights with band performances 11.30am to 12.00mn

KTV ROOMS

Mon, Tue, Wed, Fri & Sat 3.00pm to 11.30pm
Thu & Sun 3.00pm to 10.30pm
Room Charges
Mando Room (9 pax)
Weekday - \$15 per hour
Weekend & PH - \$25 per hour
Canto Room (15 pax)
Fri, Sat, Sun & PH 6.00pm onwards - \$35 per hour

BADMINTON COURTS (+)

Daily 7.00am to 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
PH Whole Day
Charges (per court per hour)
\$9.63 (Peak), \$7.49 (Non Peak)
\$6.42 - Sun (Members' Day)
Court Closure For Club Team Training
Mon & Fri 7.00pm to 10.00pm (6 Courts)
Court Closure For Junior Training
Mon to Fri (except Thu) 3.00pm to 5.00pm (6 Courts)
Tue 6.00pm to 9.00pm (2 - 3 Courts)
Wed 6.00pm to 9.00pm (2 - 3 Courts)
Thu 6.00pm to 9.00pm (2 Courts)
Sat 8.00am to 2.00pm (2 - 6 Courts)
Sun 1.30pm to 5.00pm (2 - 4 Courts)

BILLIARDS & SNOOKER LOUNGE

Mon to Fri 2.00pm to 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
Sun & PH Whole Day
Closure for Section Training
Fri 6.00pm - 10.00pm
Charges
\$5.35 (Peak), \$4.28 (Non-peak)
per table per hour

12 LANES

Mon to Thu 12.00nn to 11.00pm
Fri & Eve of PH 12.00nn to 1.00am
Sat & PH 10.00am to 1.00am
Sun 10.00am to 11.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat, Sun & PH Whole Day
Charges (Nett) Per Game
Ordinary / Associate / Term Member / Sports (Adult)
\$3.10 (Peak), \$2.30 (Non Peak) per game
Junior / Junior Term Member
\$2.50 (Peak), \$2.00 (Non Peak) per game

Member's Guest

\$3.70 (Peak), \$3.00 (Non Peak) per game
Social Member
\$4.20 (Peak), \$3.30 (Non Peak) per game

SQUASH COURTS (+)

Daily 7.00am to 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
PH Whole Day
Charges
\$5.35 (Peak), \$4.28 (Off Peak & Whole of Sunday)
per court per hour
Close for Section Training
(All courts)
Mon, Wed & Fri 7.00pm to 10.00pm
ZAESA Squash Junior Programme
Sat 4.00pm to 6.00pm (All courts)
Sun 1.00pm to 5.00pm (All courts)

TABLE TENNIS ROOM @ SC (+)

Off peak
Mon to Fri 7.00am to 6.00pm
\$3.21 per table per hour
Peak Period
Mon to Fri 6.00pm to 10.00pm
Sat/Sun/PH 7.00am to 10.00pm
\$5.35 per table per hour
Close for Section Training
Mon & Fri 5.00pm to 9.00pm (Table 2 - 4)
Tue & Thu 6.00pm to 10.00pm (All Tables)
Table Closure for CSC-JTA Table Tennis Training
Mon 3.00pm to 5.00pm (Table 1 - 2)
Tue 3.00pm to 6.00pm (Table 1 - 2)
Wed 3.00pm to 9.00pm (Table 1 - 2)
Thu 3.00pm to 6.00pm (Table 1 - 2)
Sat 10.00am to 12.00pm & 1.00pm to 6.00pm
(Table 1 - 2)
Sun 10.00am to 5.00pm (Table 1 - 2)

SWIMMING POOL @ RC

Daily 7.00am to 9.00pm

COMPETITION POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Swimming Training (Whole pool)
Mon to Fri 5.30am to 11.00am / 5.00pm to 7.30pm
Sat 7.00am to 11.00am / 4.00pm to 7.30pm
Sun 7.30am to 9.30am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Swimming Training
Tue to Sat 8.00am to 12.00nn / 3.00pm to 7.30pm
Sun 8.00am to 12.00nn
Pool Closure for Flippa Training
Sat 6.15pm to 8.15pm

FUN POOL @ SC

Daily 9.00am to 9.00pm

WATER POLO POOL @ SC

For Competent Swimmers only
Pool Closure for Water Polo Training
Mon & Wed 6.30pm to 8.00pm
Sat 6.15pm to 8.15pm
Sun 12.30pm to 3.00pm
Pool Closure for Swimming Training
(Same closure timing as Competition Pool)
Pool Closure for Maintenance 10.00am to 4.00pm
Mon @ RC and SC
(If PH falls on a Mon, maintenance will be carried out the next working day)

FLEX

Mon to Fri 6.30am to 10.00pm
Sat & Sun 7.00am to 9.00pm
PH 7.00am to 8.00pm
Peak Period
Mon to Fri 6.30am to 11.00am / 5.00pm to 10.00pm
Sat, Sun & PH Whole Day
Charges
Section Membership (Unlimited Use)
Ordinary / Corporate / Associate / Term / Spouse / Spouse Term / Junior / Junior Term / Sports (per member)
@ \$16.05 per month
Senior Members (60yrs & above)
Ordinary / Associate / Spouse Member
@ \$8.56 per month
*Family Package 1 (2 members)
@ \$21.40 per month
*Family Package 2 (3 to 4 members)
@ \$26.75 per month
*Family Package 3 (5 members & above)
@ \$32.10 per month
Walk-in / Per Entry
Ordinary / Corporate / Associate / Term / Spouse / Spouse Term / Junior / Junior Term / Sports (per member)
@ \$8.56 (Peak) / \$5.35 (Off-Peak)
Senior Members (60yrs & above)
Ordinary / Associate / Spouse Member
@ \$5.35 (Peak) / \$3.21 (Off-Peak)
Social Member (Off-Peak only)
@ \$21.40 per hour
Guest @ \$16.05 (Peak) / \$10.70 (Off-Peak) + Prevailing General Guest Fee

TENNIS COURTS @ SC (+)

Daily 7.00am to 10.00pm
Off Peak
Mon to Fri 7.00am to 6.00pm
\$4.28 per court per hour
Peak
Mon to Fri 6.00pm to 10.00pm
Sat, Sun & PH 7.00am to 10.00pm
\$6.42 per court per hour
Court Closure For Section Training
Mon 5.00pm to 8.00pm (2 Courts)
Wed 5.00pm to 8.00pm (3 Courts)
Sat 3.00pm to 5.00pm (Club Training - 3 Courts)
5.00pm to 8.00pm (Section Training - 3 Courts)
TAG Tennis Junior Programme
Fri 4.00pm to 9.00pm (2 - 3 Courts)
Sat 8.00am to 11.00am (2 Courts)
Sun 3.00pm to 8.00pm (2 - 3 Courts)

BASKETBALL COURT

Daily 7.00am to 10.00pm
Court Closure for TAG Junior Programme
Fri 5.00pm to 8.00pm
Sun 5.00pm to 7.00pm
Court Closure for Junior Basketball Training Programme
Sun 8.00am to 10.30am

JOY LUCK COVE

Mon to Sun (Inclusive of PH & Eve of PH)
10.00am to 11.00pm

GAMES & RECREATION ROOM

Fri, Sat & Eve of PH 1.00pm to 10.00pm
Sun, Mon to Thu 1.00pm to 9.00pm
\$5.35 per table per hour

Note:

SC – Sports Complex RC – Recreation Complex AP – Arrival Pavilion

+ Bookings can be made at the Sports Reception (SC) up to seven days in advance on a first-come-first-served basis. There shall be no advance booking for Members' Day (Sun).

Tea for Two

Friday, Saturday & Sunday | 3pm to 5pm

Gather your loved ones for a perfect afternoon tea at Man Zhu Café.

Only at
\$24.90
for 2 pax



Tea Set Includes:

- Smoked Salmon & Lemon Cream Cheese Canapé
- Chicken Satay Skewers • Crispy Dough Beef Burger
- Onion & Bacon Quiche Tartlet • Valrhona White & Dark Chocolate Mousse • Fresh Fruit Tartlet • Potato Curry Puff
- Raspberry Macaroon • Ham & Cheese Croissant • Crispy Brie Cheese with Blueberry Sauce • Pastries of the Day
- Coffee / Tea (Choice of Tea: Italian Almond, Rose with French Vanilla, Acai Berry with Pomegranate & Vanilla, English Breakfast, Earl Grey, Chamomile, Lively Lime & Orange Fusion, Berry Sensation)

Terms & Conditions:

All items are subject to change based on availability. Price subject to GST. Coffee print (printing of selfie and cartoon characters) is available.